Mental Health America has the following pages dedicated to the BIPOC and LGBTQ+ communities on its website and welcomes you to use and share this information in whatever way best suits your needs.

**GENERAL**
- www.mhanational.org/bipoc-mental-health
- www.mhanational.org/infographic-bipoc-mental-health
- www.mhanational.org/racial-trauma
- www.mhanational.org/racism-and-mental-health

**BLACK AND AFRICAN AMERICAN COMMUNITIES**
- www.mhanational.org/issues/black-african-american-communities-and-mental-health
- www.mhanational.org/black-pioneers-mental-health
- www.mhanational.org/bipolar-disorder-and-black-americans
- www.mhanational.org/depression-black-americans

**LATINX/HISPANIC COMMUNITIES**
- www.mhanational.org/issues/latinxhispanic-communities-and-mental-health

A complete list of Spanish language materials can be found at:
- www.mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol

**ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES**
- www.mhanational.org/issues/asian-americanpacific-islander-communities-and-mental-health

**NATIVE AND INDIGENOUS COMMUNITIES**

**LGBTQ+ COMMUNITIES**
- www.mhanational.org/issues/lgbtq-communities-and-mental-health
- www.mhanational.org/bullying-lgbt-youth

**SCREENING**
MHA’s has 10+ screening tools available in English and provides screens for depression and anxiety in Spanish at mhascreening.org. Screening is a free, anonymous, and confidential way to determine if a person is experiencing symptoms of a mental health condition and results can be used to start a conversation with friends, family members, or health care professionals.

**TOOLS 2 THRIVE**
MHA’s Tools 2 Thrive materials provide practical tools (tips and worksheets) that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.

Downloadable Tools2Thrive toolkit in English: www.mhanational.org/2020toolkit
Downloadable Spanish language versions of Tools2Thrive (Herramientas Para Prosperar) materials: www.mhanational.org/get-involved/descarga-herramientas-para-prosperar-en-espanol